WHAT IS CLAIMED IS:

1. A surface mount technology connector for mounting between a first printed circuit board having a first contact area and a second printed circuit board having a second contact area, said connector comprising:

a member having a hollow cross-section, where two sides of said member are substantially parallel and form a first portion congruent with at least a portion of said first contact area and a second portion that is smaller than said first portion and congruent with at least a portion of said second contact area.

- 2. The connector of claim 1, wherein said member forms a trapezoidal cross-section.
- 3. The connector of claim 2, wherein said member is formed from a strip of material of a given width and a given length that extends from a first end of the strip that forms a part of the first portion that is congruent with at least a portion of the first contact area to a second end of the strip that forms the remaining part of the first portion.
- 4. The connector of claim 3, wherein said first end abuts said second end to form a seam therebetween of the given width.
- 5. The connector of claim 3, wherein tabs are formed on either side of said second contact area.
- 6. The connector of claim 3, wherein the material is a highly conductive metal.
- 7. The connector of claim 6, wherein the material is copper.
- 8. The connector of claim 7, wherein the material is plated with solder prior to attachment to the printed circuit boards.
- 9. The connector of claim 1, wherein power and heat are allowed to flow between the first and second printed circuit boards.
- 10. A surface mount technology connector for providing power to flow between a first printed circuit board having a first contact area and a second printed circuit board having a second contact area, said connector comprising:

a member having a hollow trapezoidal cross-section, where a strip of a highly conductive metal having a given width and a given length is bent along four separate edges to form the trapezoidal cross-sectional member having first and second substantially parallel sides and two non-parallel sides, where the first substantially parallel side has a first portion that is congruent with at least a portion of said first contact area and the second substantially parallel side has a second portion that is congruent with at least a portion of said second contact area, and where a first end of the strip forms a part of the first substantially parallel side and a second end of the strip forms the remaining part of the first substantially parallel side and abuts the first end to from a seam there between.

- 11. The connector of claim 10, wherein tabs are formed on either side of said second substantially parallel side.
- 12. The connector of claim 10, wherein the material is a highly conductive metal.
- 13. The connector of claim 12, wherein the material is copper.
- 14. The connector of claim 13, wherein the material is plated with solder prior to attachment to the printed circuit boards.
- 15. The connector of claim 10, wherein the thickness of the strip is less than 0.3 mm.